

Footnotes, Links and Glossary

A Brief History of Everything – One of Ken Wilber's books.

Ahh, Bey, and Tsey – Three young Reptilian technicians on the Galactic Federation ship with Siridon, who have been my friends for many years. Refer to: *The Dragon Quintet*.

Ahriman – One of the three beings of evil on earth. Ahriman arrived at the time of ancient Persia and Zoroaster. Ahriman tempts through excess contraction, limitation, and controlling behaviors, which lead to etheric sclerosis.

Ahriman – the second of three spiritual beings in opposition to the positive evolution of Humankind and Earth – a force of evil. Refer to: the soon-to-be-released Monograph, *Evil* or the Monograph, *A Conceptual Matrix*, or the soon-to-be-released book, *Aberrations in Heaven and Hell: When Life Impinges Upon Death*.

Aldebaran – a star system out there. Google for multiple sites.

Annunaki – Ancient aliens who colonized Mesopotamia 450,000 years ago. Google for multiple sites.

Alta Major – The unacknowledged chakra at the base of the skull near the Atlas vertebra, the medulla oblongata and the reptilian brain stem.

Anthroposophy – The esoteric, philosophic world view and organization based on the life work of Rudolf Steiner. www.anthroposophy.org

Arihimsa – a highly evolved Extra-Terrestrial from another galaxy.

Ashtar Command – One of the many galactic associations and organizations that are observing earth's evolution. Google for multiple sites.

Athena – my youngest daughter, who among many wonderful things is a brilliant violinist and violist.

Bastian Baan – A Christian Community priest from Holland now living in America.

Bernie – The popular Democratic Senator from New Hampshire who ran for president in 2016.

Bernie, Hillary Clinton, Trump – Players in the 2016 U.S. presidential primaries.

Black Door after death – The after-death experience of a very few individuals devoted to evil for multiple incarnation. Refer to: the soon to be available Book – *The Devolution of Evil from the Julio-Claudian Emperors to the Third Reich*.

Blougahh – The Reptilian leader of the Black League on Aldebaran eons ago in the beginning of time in the Universe. Refer to the Book: *The Dragon Quintet: A History of Dragons in the Universe from the Black League of Aldebaran, to the White Dragon of Sirius B, to the Red Dragon in the White Garden of Eden, to the Redemption of Lucifer, to How to Incubate your Dragon Using Quantum Biology*.

Blue Avians – A benign race of Extraterrestrials in touch with Corey Goode. Google *Blue Avians* for multiple sites.

Blue Sphere Alliance or the [Sphere-Being Alliance](https://www.spherebeingalliance.com) – The Sphere Being Alliance is here to guide us through the ascension process, Corey Goode relays the spiritual message from the Blue Avians. Refer to: <https://www.spherebeingalliance.com>

Bolianski – google for options

Bruce Lipton – author of the book *The Biology of Belief* which describes how one can change one's physiology and anatomy through spiritual, mental, and emotional practices. Google for multiple sites.

Bruce Lipton – Quantum Biologist who wrote *The Biology of Belief*.
www.brucelipton.com

Caduceus – The traditional symbol of Hermes which features two snakes winding around a winged staff.

Candace Pert – Quantum Neuroscientist who wrote *The Molecules of Emotion*.
www.candacepert.com

Carl Sagan – An American Astronomer, Cosmologist, Astrophysicist and Author.

Chakras – The subtle energy points along the spine. Google for multiple references.

Chi or Qui – The fundamental life force or etheric force that flows through everything.

Chladni forms – Ernst Chladni, German physicist and musician – 1756 – 1827, discovered the geometry of the different types of tone vibrations. Google for multiple sites.

Christ, the Solar Logos – The cosmic aspect of the Christ's work and position as the regent of the Solar System. Refer to: *The Dragon Quintet*, *Christ, the Elements, and Radiation*.

“Christ in you.” “And may He fill your spirit.” – Call and response between the priest and the server in the *Act of Consecration of Man**, the celebration of the sacraments in the Christian Community Church* which was guided by Rudolf Steiner in the 1920s

“Christ in you” – a phrase from **The Act of Consecration of Man**, the spiritual rite of the Christian Community Church, which was developed by Rudolf Steiner at the request of many ministers and priests in the 1910s.

Christian Alexander – My infant son who died of SIDS many year ago.

Christalina and Regalis – Kienda’s twin flame angels. Refer to Monograph: **The Second Deeds of Christ and the Redemption of Lucifer**, page 15.

Contact in the Desert – ***A UFO conference in Joshua Tree, California.*** Google for multiple listings.

Corey Goode – A whistleblower, contactee, and spokesperson for the Blue Avians.
Cosmic Disclosure and Corey Goode www.spherebeingalliance.com
Cosmic Disclosure, David Wilcock www.gaia.com

Crop Circles – A pattern created by flattening a crop, usual a grain. Google for multiple sites, videos, and photos

Dan Drasin – a friend in the UFO community in the Bay Area. He has made videos and the fascinating, full-length movie ***Calling Earth***, which documents paranormal phenomena between the living and the dead.

Danny Sheehan – A brilliant lawyer and researcher who is concerned with Galactic Diplomacy. Google ***Daniel P. Sheehan*** for multiple listings.

David Wilcock – A New Age author and researcher. www.divinecosmos.com

Dean, Arno, Jose, and Rebecca – People who work at IONS (the Institute of Noetic Science.)

Descu and Rondolle – Nordic Extraterrestrials formerly in contact with George Van Tassel.

Dorje – my Tibetan spirit son in the afterlife. Refer to: *Tulku Tales from India: Changing Patterns of Incarnation*.

Dulce, New Mexico – A debacle of hybridization and interbreeding among multiple low vibrational Extraterrestrials which took place in Dulce, New Mexico. Google for multiple references.

Edgar Mitchell – Cosmic Odyssey team member. See Bio

Entelechy – The re-incarnating divine spark of individual beings.

Etheric and Astral worlds – Refer to: Chapter 8 of *Lucid Death: Conscious Journeys Beyond the Threshold*, and the Monograph – *A Conceptual Matrix*.

Eurhythmy – Rudolf Steiner developed the art of Eurhythmy as an expression of etheric gesture and movement using the human body as the medium.

Evolutionary Behest – A phrase which indicates karmic necessity for a group, planet or solar system's proper evolution.

Exopolitics Institute, Dr. Michael Salla www.exopolitics.org
Extra Terrestrial (E.T.) Existing or coming from outside planet Earth.

F-Scan or Rife Frequency Generator – a machine which creates specific vibratory frequencies to destroy pathogens, or positively stimulate organs in the physical and etheric bodies. Developed by Dr. Royal Rife in the 1930s, but suppressed by the established medical cabal.

Fifth Ether – the newly developed 5th etheric realm which is the result of a synergy and metamorphosis of the original 4 ethers : Fire, Water, Air and Earth.

Four Elementals – the spiritual beings that inhabit the original four ethers – Earth, Water, Air and Fire. Refer to: the Monograph – *Christ, the Elementals, and Radiation*.

Freud – Jung – Maslow – Reich – Tart – Reginald – For details of these psychologist and parapsychologist's theories, google each.

Galactic Federation – One of many interstellar organizations in this galaxy.

Galactic Federation of Light – the organization channeled by Sheldan Nidle.
www.paoweb.com

Galactic Odyssey, or Cosmic Odyssey – What you, Gentle Reader are receiving in Blog installments. Edgar's spiritual brain-child and the continuation of his work on earth.

Garth-Majid – the ‘Yoda’ of the Reptilian race in our galaxy – very highly evolved.
Google for multiple sites.

Genetic Right – Inclusion due to interbreeding between different interstellar races.

Gladys – The human entelechy who is functioning as a guardian angel to Halo the human/Grey hybrid that Kienda nurtured in the 1960s.

“Glitch in the Matrix” – A phrase from the movie *The Matrix*, which indicates a point of interruption of normality within the proscribed protocols imposed by the unseen and unacknowledged controllers of the world, through which damage to humans can be inflicted. Google *The Matrix* for multiple references.

Gregor – a Leonine Sirian from Edgar’s group.

George Van Tassel – An early UFO and Extraterrestrial contactee in the high desert near Joshua Tree, California. Google for multiple sites.

Ground of Existence – A reference to the creator God without religious inference.

Halo, a Hybrid – The Human/Grey hybrid I was the surrogate mother to in the 60’s.

“Hear them pretty bells a-ringin’.” – When my mother was a child in Minnesota, one of the neighbor children had hearing difficulties and would stop and listen and say, “Hear them pretty bells a-ringin’.” It is a phrase which has found numerous applications in our family lore.

Hierarchy – Dynamis – Exusiai – Nomenclature for the beings of different dimensions or realms of the spiritual worlds. Refer to: the Monograph – *A Conceptual Matrix*, or the Book – *Lucid Death: Conscious Journeys Beyond the Threshold*.

Himmlers – a reference to Heinrich Himmler, with whom I have had karmic encounters in numerous lives. Refer to: the soon to be available Book – *The Devolution of Evil from the Julio-Claudian Emperors to the Third Reich*.

<http://spherebeingalliance.com/blog/transcript-cosmic-disclosure-inner-earth-update.html>

The “I ams” – A spiritual practice of mantras and Triangulation, I have developed and used over many years. Refer to the Monograph: *Meditative Practices*.

ICC = Interstellar Corporate Conglomerate – Google Corey Goode or Exopolitics for multiple sites.

Ida and Pingala – The subtle channels (Nadis) in the human body. Ida nadi controls all the mental processes and resides on the left side of the body. Pingala nadi regulates the vital processes and resides on the right side. Google for multiple references.

Inner Earth – Habitat for a number of races in the interior of the earth. Refer to: **Institute of Noetic Sciences** – Organization begun by Edgar Mitchell to study consciousness. See Edgar Mitchell's bio. Link: <http://noetic.org>

Jupiter Ascending – A movie from 2015. Google for multiple sites

Kaaree – A priestess of the Inner Earth race, the Anshaar. Refer to:

Karee – Corey Goode's friend from the Inner Earth. Link to: spherebeingalliance.com

Karin Mortensen – Kienda's long-time friend in the Bay Area in California. Karin is an Anthroposophist and deeply involved in the Christian Community Church.

Karma – the cosmic law of cause and effect.

Ken Wilber – A contemporary philosopher. www.kenwilber.com

Kuthumi – The Ascended Master of psychology. Google for multiple sites

Latihan – The spontaneous practice of expressing the divine within each individual by members of Subud. web.net/latihan

Lemuria – an ancient continent in the Pacific Ocean, eons before the time of Atlantis.

Link to: spherebeingalliance.com

List of Extra Terrestrials (Leonine, Reptilian, Dragon, Grey, Hybrid, Hammer-headed, Nordic or Angel-looking) – A small number of ETs who will be named and described in succeeding entries.

Little Golden Love – The new-born being of the newly created fifth ether.

luciferic, ahrimanic and azuric minions – lesser beings working for the three forces of evil on earth. Refer to: the Monograph – The Conceptual Matrix

Lyssa Royal – The author of *The Prism of Lyra* and other books on Extraterrestrials. www.lyssaroyal.net

Manitou – The Algonquian Native Americans term for the fundamental life force, omnipresent and manifesting everywhere.

Marilyn – One of the scientists at IONS.

Max and Gnome – Wonderful, open-minded friends of my eldest daughter, Mariko, living in Seattle.

Meditation – The conscious act of setting aside time to experience supersensible realms. A time to withdraw from normal sense-inspired responses to earthly experiences and the usual beta brainwave functions, and enter alpha and theta states and their commensurate vibratory dimensions.

Memory of overwhelm in Shasta – Refer to the Book: *Lessons from Mt. Shasta and the New Jerusalem*.

Merkaba – The three dimensional geometric form of two interlacing pyramids. From two dimensions it is a six-pointed Star of David. Google for multiple references – especially Drunvalo Melchizedek.

Michaelina – A newly created Angel to help guide IONS.

Morning Balancing Verse – A poem or verse by Kienda to be recited during morning meditations.

MUFON – A national organization reporting UFO sightings, etc. www.mufon.com

Mr. N. – Sheldan Nidle – channel. www.paoweb.com

Mt. Shasta – Formerly, one of the etheric meeting places of the White Brotherhood, the Ascended Masters, and the Galactic Federation, in America. Refer to: the Book - *Lessons from Mt. Shasta and the New Jerusalem* and the Monograph – *The Extraterrestrial Issue*.

Nadis – The subtle channels of etheric and astral energy in the human body.

Octopus People – A race of Extraterrestrials I met in Mt. Shasta at one of the afternoon classes, teaching about “Time.” Refer to: The Book – *Lessons from Mt. Shasta and the New Jerusalem*.

Odysseus – The Hero of Homer’s epic poem *The Odyssey*. Google for multiple sites

Omega Symbol – Omega is a form of Reiki (hands on healing method) which originated in Tibet. Symbols and gestures are used to move energy patterns and enhance flow.

Ondene’ – A feminine Elemental of Water.

Orion Alliance – An association of ET races from stars in the Orion constellation, primarily Dracos and Greys, as well as others. www.truthcontrol.com

Otiah – a discarnate Native American Anasazi. Refer to: the Monograph – *Native American Adventures*.

Plava Laguna – A fictional character from the movie *The Fifth Element*

Poem by Rudolf Steiner – A verse often recited daily by children in the Waldorf Schools.

Pralaya – An ancient Sanskrit term for the period of undifferentiation between periods of creative manifestation of galaxies and universes. Refer to: *the Monograph – A Conceptual Matrix*.

Procyons – A star system and its race of inhabitants. www.truthcontrol.com

Project Awakening Mankind – Edgar’s name for the work of the Interstellar Team.

Refer to: www.spherebeingalliance.com

Refer to: the *Dragon Quintet*

Psycho kinesis – is the purported ability to manipulate matter with the mind such as ‘spoon bending’.

Ringling Cedars – A Russian woman, Anastasia, is bringing messages from Siberia.
www.ringingcedars.com

Robbert Van Santen – An Anthroposophist from Holland with whom Kienda shared multiple lifetimes. He died in 2003. Refer to soon-to-be-released monograph: **R & S & I**

Robert Bingham – The Summoner who calls Extraterrestrials and UFOs to appear.

Rosie and T – my daughter and her friend

Rudolf Steiner – Spiritual Scientist at the turn of the 20th century. The body of his work is Anthroposophy – the wisdom of humankind. www.rudolfsteinerweb.com

Saurian race – Reptilians of all ilks.

Secret Space Program – Covert space programs of the U. S. Military. Refer to:

Sharon – my given name at birth, which is used when what is being said is really serious.

Sheldrake – Alfred Rupert Sheldrake is an English author, and researcher in the field of parapsychology, known for his "morphic resonance" concept. Google for multiple sites.

Shiela and Dietland – friends from the Christian Community in San Francisco

Shrimp People – A race of Extraterrestrials I met in Mt. Shasta at one of the afternoon classes on “Time.” Refer to: The Book – *Lessons from Mt. Shasta and the New Jerusalem*.

Shrimp person – A race of Extraterrestrials: See the Book ***Lessons from Mt. Shasta and the New Jerusalem***

Shushilla – Kienda’s Dragon, and ‘metaphor’ for the transformation of the Reptilian brain stem to the dragon of higher consciousness. Refer to: *The Dragon Quintet*

Siridon – a Leonine Sirian and my friend since the 80s. Refer to: *The Dragon Quintet*.

Sirius – a trinary star system which is the brightest ‘star’ visible in earthly skies. Google for multiple sites.

Solar Logos – Christ in His capacity as head of the solar system.

Spirit Self – The esoteric term for the transformed astral body. Refer to: the Monograph – *A Conceptual Matrix*

Spirit Self, Life Spirit, and Spirit (Man) – the next evolutionary steps for humankind – as the metamorphosed astral body, etheric body and physical body. Refer to: the Monograph – *A Conceptual Matrix*, or the Book – *Lucid Death: Conscious Journeys Beyond the Threshold*.

Standing Rock – The Native American protest to protect the water from the DAPL oil pipeline.

Star of David – The six-pointed star which is the symbol of certain aspects of the Jewish tradition. Google for multiple references.

Star Regent – Another name for Christ and all the highest beings who oversee the various star systems in (at least) this quadrant of the galaxy.

Star Trek – Movies and many years of a television series of Interstellar Voyages. Google for multiple references.

Sokatos – An Extraterrestrial being who came to earth hundreds of thousands of years ago and with others of his race have been living inside of Mount Shasta.

Standing Rock – The Oceti Sakowin Camp is a historic gathering of tribes standing in solidarity to halt the Dakota Access Pipeline. Stand with *Standing Rock* today. Refer to www.standwithstandingrock.net

Subud – An international spiritual organization which practices latihan – a free-form expression of the divine within. www.subudusa.org

Suspicious Observers – An organization charting the effects of the sun and planets on earth weather and volcanic activity. Refer to: www.suspiciousObservers.com

Sutko of the Saturn Council – One of the hierarchy of the Ashtar Command.

Sylvie – A feminine Elemental of Air.

The Act of Consecration of Man – The sacramental service of the Christian Community Church. www.thechristiancommunity.org

The Alliance for Evolution – An intergalactic organization supporting evolution in this quadrant of the universe. Arihimsa is a member.

Telos – is the alleged Lemurian underground city inside of Mt. Shasta.
www.mountshastawisdomproject.com

The Annunaki, the Titans, the Norse and Greek Gods, the Shalikos and Kachinas, the Hindu Gods – These are all races of ancient aliens as they are known on earth because of their interventions in human evolution.

The Christian Community Church – celebrates a renewal of the sacraments as developed by Rudolf Steiner and a group of ministers in Switzerland in 1923. The Christian Community has congregations across the globe.
www.thechristiancommunity.org

The Dark Side – A reference to any Extraterrestrial, Human or Celestial who is in opposition to the positive evolution of Humanity and Mother Earth.

The Draco Empire – The Reptilian Draco race has dominated multiple star systems for millennia. Google for multiple listings.

The Fifth Element – A classic cult science fiction movie from 1997. Google for multiple sites and watch the full length movie.

The Halls of Amenti – One of Tom Kenyon's powerful sound healing presentations.
www.tomkenyon.com

The New Jerusalem – A Golden city in the astral realm where Christ, the Ascended Masters, the White Brotherhood, and a contingency from the Galactic Federation gather, now. Refer to: the Monograph – *Lessons from Mt. Shasta and the New Jerusalem*

The Noetics – Edgar's reference to the folks at the Institute of Noetic Sciences. The Sphere Being Alliance, Corey Goode www.spherebeingalliance.com

The second deeds of Christ – the etheric crucifixion, second resurrection, ascension and Pentecost – Refer to the soon-to-be-released Monograph: *The Second Deeds of Christ and the Redemption of Lucifer.*

The Ranch – An 80 acre piece of property in the foothills of the Sierras.

The White Dragon, Shushilla, of Sirius – The Logos of the trinary star system, Sirius. Refer to: the Book – *The Dragon Quintet: A History of Dragons in the Universe from the*

Black League of Aldebaran, to the White Dragon of Sirius B, to the Red Dragon in the White Garden of Eden, to the Redemption of Lucifer, to How to Incubate Your Dragon Using Quantum Biology.

Theosophy – An esoteric, philosophic Society. www.theosophy.com

Tom Kenyon – A contemporary sound healer. www.tomkenyon.com

Torus – A geometric form created by the revolution generated by revolving a circle in three-dimensional space around an axis coplanar with the circle. A spiraling donut

Trump – Donald Trump, the 45th President of the United States

Tunesian Sanctuary – in the 1960s, was a center for UFO and Extraterrestrial communication in Mt. Shasta, California. I was unable to find reference to it today.

Van Pius – Kienda's 1989 Conversion Van and mobile cottage.

Vulcan Epoch – One of the largest spans of evolutionary time in our solar system. Refer to: the Monograph – *A Conceptual Matrix*, or the Book – *Lucid Death: Conscious Journeys Beyond the Threshold*.

Wakan Tanka – The Lakota term for “the Sacred.”

Warriors of the Rainbow Light – a large group of discarnate humans released from the Grey Plane. Refer to: the Monograph – *The Warriors of the Rainbow Light*.

White Light Channel – The central channel which moves from above the head into the earth – where the chakras are located. Refer to the upcoming monograph: **Meditative Practices**.

William (Bill) Tompkins – A whistle-blower who in 2016 released his first book, ***Selected by Extraterrestrials***. Google for multiple listings.

Yoda – The fictional Jedi Master in the Star Wars movies. Google for multiple sites.